

TOWN OF SOUTHAMPTON RECREATION NEWS SUMMER 2015

Parks & Recreation, Senior Services and Youth Bureau

**Registration for all Parks & Recreation Summer Programs
begins Tuesday, May 26**

Long Island Ducks Baseball Game

Bethpage Park, Central Islip, NY



Date: Tuesday, July 21

Time & Location: 5:00 p.m. - Bus departs Red Creek Park,
102 Old Riverhead Road, Hampton Bays

Bus departs for home approximately 20 minutes after the game.

Fee: \$15 per person includes admission and round trip transportation

Enjoy an evening of fun and great minor league baseball right here on Long Island at the intimate 6,000 seat Citibank Park in Central Islip. Watch the Ducks take on the York Revolution.

Residents only - Seats are limited so sign up early!

Snapper Derby

Sponsored by Hampton Watercraft & Marine

Date: Thursday, August 27

Time: 11:00 a.m. - 2:00 p.m.

Place: Tiana Bay Park, 87 Dune Road, Hampton Bays

Resident Age categories: 5 - 14 years old & 15 years - Adult. (under 12 must be accompanied by an adult)



Bring your own pole/tackle we will provide the bait and join us for a fun filled afternoon of snapper fishing. Prizes will be awarded for most snappers caught in four age groups: 5 - 8 , 9 - 11, 12 -14, & 15 years - adult. There will also be a prize for largest snapper.

There is no fee to enter but pre-registration is required!



**Town Supervisor
Anna Throne-Holst
Town Board**

**Brad Bender Bridget Fleming
Stan Glinka Christine P. Scalera**

**Town Clerk
Sundy A. Schermeyer**

**Parks & Recreation Department
Christopher F. Bean, Superintendent**



Parks & Recreation Summer Programs



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Registration Instructions

Registration for all Parks & Recreation Summer programs begins Tuesday, May 26, by mail, in-person or by phone with credit card (Visa, MasterCard or Discover) at the Parks & Recreation Office located at: 6 Newtown Road, Hampton Bays, NY 11946
Phone (631) 728-8585 Fax (631) 728-8525

To Register:

If you received this in the mail you already have an account in our computer system and you may register by phone or fax with a credit card or use the registration form on the next page to mail-in your program registrations and payment.

If you do not have an account with us, you must open one to be able to register for Parks & Recreation programs. To open an account, you must submit proof of residency and proof of age for children, along with your program registration form. This is a one time registration process. Please call 728-8585 if you need to verify if you have an account with us.

Proof of Residency:

To open a resident account in our registration system, residents or taxpayers must present one of the following: current driver's license with Southampton Town address, current Southampton Town tax bill, recorded deed showing purchase of property within the year, or utility bills (electric, phone, water or cable) with a Southampton Town address dated at least 12 months prior to application date.

Leases are not accepted as proof of residency.

Pre-registration with payment is required for all recreation programs, except where noted in program descriptions. Program fees cannot be pro-rated. A program refund will be granted only if the request is made more than five (5) business days prior to the start of a program, or if we cancel a program due to insufficient enrollment or other reason. Program refunds will expire within two years of cancellation after that it will become a credit on your parks & recreation account. A \$25 service fee will be charged for all checks returned by the bank.

Bus trip tickets are non-refundable unless there is a trip waiting list and the reservations can be used. To take advantage of the resident rate, for each ticket purchased proof of residency must now be shown.

All persons participating in Town of Southampton sponsored recreation programs participate at their own risk. Participants are advised to consult with their physician prior to enrollment and participation in activities which may be strenuous.

Parks & Recreation Dept. Registration Form

Name: _____ Email: _____

Mailing Address (in Town of Southampton): _____ Street _____ City _____ State _____ Zip _____

Mailing Address (other residence, if applicable): _____ Street _____ City _____ State _____ Zip _____

Home Phone #: _____ Work Phone #: _____ Cell Phone #: _____

Emergency Contact Name: _____ Emergency Phone #: _____

<u>Registrant Name</u>	<u>Program Name</u>	<u>Program # (if applicable)</u>	<u>Program Fee</u>
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	

IF YOU DID NOT RECEIVE THIS IN THE MAIL - PLEASE READ PAGE 3 CAREFULLY!

★ PLEASE MAKE COPIES OF REGISTRATION FORM IF ADDITIONAL SPACE IS NEEDED ★

Make checks payable to the "Town of Southampton" PLEASE SUBMIT SEPARATE CHECKS FOR EACH PROGRAM (This allows us to return checks for programs which have filled, without holding up registrations for other programs)

Mail To: Town of Southampton, Parks & Recreation Department, 6 Newtown Road, Hampton Bays, NY 11946

Special Events



Movies In The Park

Enjoy a night at the movies
Admission is FREE

300 sq. ft.
Movie Screen

Monday, August 17 - 8:00 P.M.

East Quogue Village Green

Montauk Highway & Lewis Road, East Quogue

BRING YOUR FAMILY - YOUR FRIENDS - A BLANKET & BUG SPRAY

Movie titles to be announced - Watch local newspapers for
further details or call the Parks & Recreation Office at 728-8585

Hamptons Youth Triathlon

Date: Wednesday, July 15

Time: 5:30 p.m.

Place: Long Beach, Sag Harbor

Ages: Boys & Girls 10 - 17

Registration Fee: \$35 After June 1 - \$45



300 yard swim, 7 mile bike 1.5 mile run

**For more information or to register your child go to
www.itrigirls.org/youth-triathlon**

Southampton Town Recreation Center

1370A Majors Path, Southampton, NY 11968

Summer Baseball League

Try-outs: June 27 - 9:00 a.m. North Sea Park **Ages: 8 - 11**

Fee: \$85 per player **Games: Saturday mornings 7/11 - 8/15**

Hobby Quest Fashionistas Camp

Dates: Aug. 31 - Sept. 4 **Fee: \$200** **Grades: 2 - 5**

Session 1: 9:00 a.m. - 12:00 p.m. **Session 2: 1:00 p.m. - 4:00 p.m.**

Soccer League

Dates: July 9 - Aug. 13 **Ages: 6 - 11** **Fee: \$60**

Games played Thursdays nights at SYS or Meadow Club

Squash Camps

Week 1: June 29 - July 3

Week 2: July 6 - July 10

Week 3: July 20 - July 24

Week 4: August 3 - August 7

Time: 9:00 a.m. - 12:00 p.m. **Fee: \$450 per week** **Ages: 7 - 17**

Swim Lessons - June 29 - September 3

**Call 287-1511 or check website www.sysinc.org for more information
on these and other programs.**



Parks & Recreation Programs

Summer Fun Playground Programs

Three playground programs will be offered to children who are Southampton Town residents and attended elementary school (K-6) this past school year. Each playground program will be staffed by counselors who will organize sports, arts & crafts, active & quiet games & special event days. There will be a snack time each day.

« « REGISTRATION « «

**EACH CHILD MAY REGISTER FOR ONLY ONE "SUMMER FUN" LOCATION.
THIS POLICY WILL BE STRICTLY ENFORCED!!**

Registrations will be accepted ONLY at each playground site in accordance with the schedule listed below or in the Parks & Recreation office PRIOR to the start of the camp. There will be NO registration at the camps.

Registration slips must be completed by a parent or legal guardian. Proof of kindergarten completion will be required for five-year-olds in the form of a kindergarten completion certificate. If the kindergarten attended does not award such certificates, proof that the child was 5 years old as of December 1, 2013 may be substituted. There will be no "Summer Fun" program on the day of registration.

2015 Schedule

Monday - Friday 9:00 a.m. - 12:00 p.m.

Fee: \$50 for one child, \$125 for family three or more

East Quogue: June 29 - July 24 (no class 7/3)

Registration: Friday, June 26 - 12:00 p.m. - 1:30 p.m.
East Quogue School

Sag Harbor: July 13 - August 7

Registration: Thursday, July 9 - 8:00 a.m. - 10:00 a.m.
Mashashimuet Park, Sag Harbor

Hampton Bays: July 27 - August 21

Registration: Thursday, July 23 - 8:00 a.m. - 10:00 a.m.
Red Creek Park, Hampton Bays



**** Please Provide Your Child With A Drink And A Snack Daily ****

The "Summer Fun Playground" programs are made possible in part through funding received from the New York State Office of Children & Family Services through the **Southampton Town Youth Bureau**.

Surfing For Beginners

This program is for the benefit of true beginners. If you have taken this program twice or more you are NOT a beginner and will not be able to register for this program.

Ages: 9 years and older **Fee:** Residents only \$200

Pre-requisites: Must be able to swim & tread water.



Place: Ponquogue Beach, Dune Road, Hampton Bays

Program 1: July 13, 14, 15 **Time:** 1:00 p.m. - 2:00 p.m.

Program 2: July 13, 14, 15 **Time:** 2:15 p.m. - 3:15 p.m.

Program 3: Aug. 10, 11, 12 **Time:** 1:00 p.m. - 2:00 p.m.

Program 4: Aug. 10, 11, 12 **Time:** 2:15 p.m. - 3:15 p.m.

Place: Mecox Beach, Jobs Lane, Bridgehampton

Program 5: July 27, 28, 29 **Time:** 1:00 p.m. - 2:00 p.m.

Program 6: July 27, 28, 29 **Time:** 2:15 p.m. - 3:15 p.m.

Please Note: Participants must be on time-no one will be admitted to class after instructors are in the water.

In this program students will learn how to position themselves in the correct location on a wave in order to be able to stand and ride. Students will learn how to avoid injury by practicing safe surfing techniques and etiquette. Surfboards will be provided. Please wear swimsuit & bring towel. Wetsuits are optional.

You may register for only one program, wait list for another. Non-Residents may be placed on waiting lists, Non-Resident fee will be \$200, if there are any openings.

Rain Policy: In the event of rain, classes will be held as long as there is no thunder or lightening.

Make-Up Classes: If a class is cancelled for any reason, every effort will be made to schedule a make-up class. However, due to unpredictable weather or wave conditions, make-up classes cannot be guaranteed.

**If a class is held at a Southampton Town Beach a Beach Parking Permit is required for parking at that location. For information regarding Beach Parking Permits call the Parks & Recreation Department
Monday - Friday 8:30 a.m. - 4:00 p.m. (631) 728-8585**

Water Safety Instruction

These programs are designed to develop swimming skills needed to safely enjoy the area's largest natural resource. The Red Cross designates the levels as described below:

Level 1: is an intro to water skills. Helping students feel comfortable and enjoy the water. Intended for ages 3 - 6 years old.

Level 2: covers fundamental aquatic skills and helps students succeed in these skills. Must be at least 7 years old.

Level 3: covers stroke development building on skills from Level 2 with guided practice. Intro to the butterfly stroke, front and back crawl.

Level 4: covers stroke development by building confidence in strokes previously learned. Intro to side and breast stroke.

Level 5: covers further refinement of strokes. Intro to shallow diving and survival swimming.

Level 6: covers swimming and skill proficiency with these options: A) Personal water safety - emphasis on stroke development and survival swimming. B) Lifeguard readiness - emphasis on stroke development and basic rescue skills. C) Fitness swimmer - emphasis on stroke development and creating a training program.

Registration Residents Only

Pre-Registrations for all classes Guppy - level 6 will be accepted by mail or in person at the Parks & Recreation Office. Registrations will not be accepted at the program site. A parent or legal guardian's permission is required for each child to register for swimming lessons. Proof of age and residency are also required and must be included with your registration if we don't already have them on file. Non-Residents may be placed on a wait list if there are any openings.

"Guppy" Classes Fee: \$10

The "Guppy" classes are designed to prepare children ages 3 - 6 for Level 2 (Basic Beginner) swimming lessons. The goal of these classes is to help children overcome any fears they may have of the water and teach them basic skills necessary to begin swimming lessons, such as putting their face and head in the water, blowing bubbles, using kickboards, and the prone and back floats.

PLEASE NOTE: 3-YEAR-OLDS MUST BE ABLE TO WORK IN A GROUP WITH INSTRUCTORS WITHOUT PARENTS IN THE WATER. If a child is not able to do this, the instructor may request that the child wait another year to begin swimming lessons.

Guppies must be accompanied to program by a parent or guardian. Each child may register for only one Guppy Class, may be placed on waiting list for an additional class.

Guppy Class Schedule - Tiana Bay Park

July 6 - July 10

Ages 3-4:	Program 1	1:00 p.m. - 2:00 p.m.
	Program 3	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 2	1:00 p.m. - 2:00 p.m.
	Program 4	2:15 p.m. - 3:15 p.m.

July 13 - July 17

Ages 3-4:	Program 5	1:00 p.m. - 2:00 p.m.
	Program 7	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 6	1:00 p.m. - 2:00 p.m.
	Program 8	2:15 p.m. - 3:15 p.m.



July 20 - July 24

Ages 3-4:	Program 9	1:00 p.m. - 2:00 p.m.
	Program 11	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 10	1:00 p.m. - 2:00 p.m.
	Program 12	2:15 p.m. - 3:15 p.m.

July 27- July 31

Ages 3-4:	Program 13	1:00 p.m. - 2:00 p.m.
	Program 15	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 14	1:00 p.m. - 2:00 p.m.
	Program 16	2:15 p.m. - 3:15 p.m.

August 3 - August 7 (no class 8/6)

Ages 3-4:	Program 17	1:00 p.m. - 2:00 p.m.
	Program 19	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 18	1:00 p.m. - 2:00 p.m.
	Program 20	2:15 p.m. - 3:15 p.m.



August 10 - August 14 (no class 8/12)

Ages 3-4:	Program 21	1:00 p.m. - 2:00 p.m.
	Program 23	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 22	1:00 p.m. - 2:00 p.m.
	Program 24	2:15 p.m. - 3:15 p.m.

Guppy Day at Tiana Bayside

Date: Wednesday, August 12

Time: 12:30 p.m.



Guppy Day is a special event designed for all participants of the 2014 guppy swim program and their parents. It will be a fun filled afternoon of aquatic activity based on the skills learned in the guppy classes.

Events include: Kick Board Race, Back Float Contest, Superman Contest, Peanut Scramble & a Water Balloon Contest!

Regularly scheduled classes on Guppy Day are cancelled.

Level 2 - 6 Instruction

Fee: \$20

All levels of instruction are offered during each session
This is a two week program, you cannot sign up for a program after it has started. Must attend eight classes to be eligible to take test.

Tiana Bay Lessons



Session 1: July 6 - July 17

Choice of Times: 10:30 a.m. - 11:30 a.m., 1:00 p.m. - 2:00 p.m.
or 2:15 p.m. - 3:15 p.m.

Session 2: July 20 - July 31

Choice of Times: 10:30 a.m. - 11:30 a.m., 1:00 p.m. - 2:00 p.m.
or 2:15 p.m. - 3:15 p.m.

Session 3: August 3 - August 14 (no afternoon classes August 6 & 12)

Choice of Times: 10:30 a.m. - 11:30 p.m., 1:00 p.m. - 2:00 p.m.
or 2:15 p.m. - 3:15 p.m.

Water Safety Aide

Program 1: July 6 - July 10 10:00 a.m. - 11:30 a.m.

This class provides training for individuals to learn how to assist water safety instructors with swim lessons. Must have completed Level IV instruction and be 12 years old or older.

Water Carnival Day at Tiana Bayside

Date: Thursday, August 6

Time: 1:00 p.m.

This special event is designed for all participants of the 2014 water safety swim program. It will be a fun filled afternoon of aquatic activity based on the skills learned in the swim program. Events include: Race the instructor, Swim Races, Water Balloon Contest and more.

Regularly scheduled afternoon classes on this day are cancelled

Olympic Style Rowing



Instructor: East End Rowing Institute

Age: 15 - 17 years old **Time:** 3:30 p.m. - 5:30 p.m.

Program 1: Monday - Friday, June 29 - July 10

Age: 18 - Adult **Time:** 6:00 p.m. - 8:00 p.m.

Program 2: Monday - Friday, June 29 - July 10

Place: 30 McDermott Street, Riverhead

Fee: Residents \$230 Non-Residents \$240 **(9 classes)**

This program introduces students to basic technique, boat handling and water safety. No experience needed. Gloves recommended.

Junior Lifesaving Courses

THESE COURSES ARE VERY POPULAR - SIGN UP EARLY!!

Instructors: Southampton Town Ocean Lifeguards

Time: 9:00 a.m. - 11:00 a.m.



Dates: Saturdays, July 11, 18, 25, August 1 & 8

Program 1: Mecox Beach, Bridgehampton

Program 2: Ponquogue Beach, Hampton Bays - 13 - 15 year olds

Program 3: Tiana Beach, Hampton Bays - 11 - 12 year old

Dates: Sundays, July 12, 19, 26 & August 2 (August 8 at Ponquogue)

Program 4: Sagg Main Beach, Bridgehampton

Fee: Residents only \$75

Age: Confident swimmers 11 - 15 years old

Pre-requisites: Participants must be able to swim 100 yards using the crawl stroke and tread water for 5 minutes without stopping.

Curriculum: The instructors will begin each day with a brief lecture on topics relevant to the course goals. Basic warm-up exercises will be included in each class. The junior lifeguards will participate in training drills designed to help them become safe ocean swimmers. Most drills will be taught as "lifeguard competition" events. As long as ocean conditions permit, junior guards will train in the water. While swimming skills are a prerequisite for the course and swimming lessons, as such, will not be given, instructors will help the students learn to recognize the power of the ocean, how to spot rip tides and other dangerous currents and how to swim safely in the ocean. The last class will be a lifeguard tournament allowing the junior lifeguards to demonstrate their new skills.

Beach Volleyball Camp



Instructors: Keith and Jennifer Hassett

Dates: August 10 - 14 (5 classes)

Time: 9:00 a.m. - 11:00 a.m.

Location: Ponquogue Beach, 280 Dune Road, Hampton Bays

Fee: Residents \$90 Non-Residents \$100

Age: Boys & Girls 10 - 17 years old

This program is designed to promote the enjoyment of this great summer sport. The program will teach the basic fundamentals to the inexperienced player and help the veteran players improve their play. Each meeting will involve group instruction, drills and a variety of exciting games. **In the event of rain/cancellations, class will be made up at another date.**

Sailing Instruction

Fees: Residents Only Youth (ages 9 - 17) \$200 Adults (18+) \$250

SAILING PROGRAM REQUIREMENTS

1. Sailing students will be required to pass a basic swim test at the beginning of the program and must be able to lift at least 40 pounds.
2. Sailing students must attend first class. Anyone who fails to do so may lose his or her place in the program to a person on the waiting list. No refund will be issued!
3. Due to the popularity of the sailing programs, Beginner and Advanced Beginner students may register for only one program. Any student who registers for more than one beginner or advanced beginner program will lose their place in the sailing instruction program. ***A student may not register for the next level of instruction before passing the first level they are enrolled in.***

4. Program Pre-Requisites:

Intermediate Program - Must have passed a Town of Southampton Advanced Beginner sailing program, and must have mastered basic sailing techniques and be able to operate a sunfish alone.

Advanced Program - Must have completed a Town of Southampton Intermediate program.

Rain

In the event of rain, classes will not be held at Long Beach as we have no shelter. However, Tiana Bay classes will be held as long as there is no thunder or lightning. There will be **no make-up classes** for classes cancelled due to poor weather conditions.

Tiana Bay Information Phone

In the event of uncertain or threatening weather conditions, program cancellation information for Tiana Bay programs may be obtained by calling the Tiana Bay Information Center at 653-4439 after 8:30 a.m. for morning programs, or after 12:30 p.m. for afternoon programs.

Sailing Instruction - Long Beach Programs

Foster Memorial Beach (Long Beach), Noyac

Beginner/Advanced Beginner (Ages 9 - 13):

LB 1: **June 29 - July 10 (no class 7/3)** 9:00 a.m. - 11:30 a.m.

Intermediate/Advanced (Ages 11+):

LB 2: **June 29 - July 2** 1:00 p.m. - 3:30 p.m.

Teen/Adult Beginner/Advanced Beginner (Ages 14+):

LB 3: **July 6 - July 10** 1:00 p.m. - 3:30 p.m.



Sailing Instruction Tiana Bay Programs

Tiana Bay Park, Dune Road, Hampton Bays

Beginner (Ages 9 - 13):

TB 4: **July 13 - July 24** 9:00 a.m. - 11:30 a.m.

TB 5: **July 27 - August 7** 1:00 p.m. - 3:30 p.m.

Advanced Beginner (Ages 9 - 13):

TB 6: **July 13 - July 24** 1:00 p.m. - 3:30 p.m.

TB 7: **July 27 - August 7** 9:00 a.m. - 11:30 a.m.

Teen/Adult Beginner/Advanced Beginner (Ages 14+):

TB 8: **July 27 - July 31** 4:00 p.m. - 6:00 p.m.

TB 9: **August 3 - August 7** 4:00 p.m. - 6:00 p.m.

Intermediate/Advanced (Ages 11+):

TB 10: **August 10 - August 14** 9:00 a.m. - 11:30 a.m.

TB 11: **August 10 - August 14** 1:00 p.m. - 3:30 p.m.



Tiana Bay Kayak Instruction

Instructor: Captain Kayak Instructors

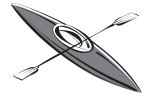
Program 1: **July 6, 7, 8** 10:00 a.m. - Noon

Program 2: **July 6, 7, 8** 1:00 p.m. - 3:00 p.m.

Ages: 10 - 16 years old

Location: East Quogue Marina, Bay Avenue, East Quogue

Fee: Residents \$110 Non-Residents \$120



Learn the fundamentals of safe kayaking, the art of paddling, self-rescue and maneuvering utilizing both sit on top and sit in kayaks. Participants must be able to swim and will be required to wear approved life jackets, which will be provided by the instructors. Kayak and paddles will be provided. Please wear a bathing suit, bring a towel and a pair of water shoes or sandals.

Upon completion of each program you will receive an American Canoe Association card denoting your skill level of participation.

Make-Up Classes: If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.

Nature Adventure & Water Safety Camp

Instructor: Mike Bottini & Juliana Duryea

Dates: **July 27, 28, 29, 30 (Rain date July 31)**

Time: 10:00 a.m. - 3:00 p.m.

Location: Long Beach, Noyac & Sagg Main Beach, Sagaponack
(first class will be at Long Beach)

Ages: 10 - 15 years old

Fee: Residents \$400 Non-Residents \$450 (includes all equipment)

This program combines marine and beach ecology, paddling skills, and water safety. Students will explore the flora and fauna of the beach and marine environments, using snorkel gear, seines, kayaks and standup paddleboards. The course will cover water safety, body surfing, boogie boarding, reading ocean currents and rip tides.

Bring your own lunch

Nature Paddles

Fee per Tour: Resident \$25 Non-Resident \$35 (With own kayak)

Rental: Additional \$40 single kayak, tandem kayaks \$60,
standup paddleboard \$50 (paid at time of registration)

Time: 5:30 p.m. - 7:30 p.m.

Age: Youth ages 12+ & Adults (under 16 with an adult)

Join one or all eight tours and discover some of the flora and fauna of our local marshes, ponds and estuaries as we paddle these unique scenic waterways. All trips are led by naturalist Mike Bottini author of "Exploring East End Waters: A Natural History and Paddling Guide" and are suitable for novice paddlers.

No first-timers please...participants should have some paddling experience.

MB 1: - **July 2** - Long Pond, Bridgehampton

MB 2: - **July 9** - Sebonac Creek, North Sea

MB 3: - **July 23** - Sagg Pond, Sagaponack

MB 4: - **July 30** - Mecox Bay, Scott Cameron Beach

MB 5: - **August 6** - Georgica Pond, Wainscott

MB 6: - **August 13** - Sag Harbor's Coves

MB 7: - **August 20** - Noyac Creek and Jessups Neck

MB 8: - **August 27** - Little Northwest Creek, Sag Harbor



Registration is Required

Directions to the locations will be given at sign-up

Oyster Gardening Program

SPAT - Southampton Project in Aquaculture Training



Instructor: Kim Tetrault - Cornell Cooperative Extension

Information Session: Tuesday, June 16 - 7:00 p.m.

Workshop Dates: Tuesday, July 7, 28, August 25, September 15 & October 6 - 8:30 a.m. – Noon

Overwintering and lecture: October 23 -1:00 p.m. - 3:00 p.m.

Place: Tiana Bayside, Dune Road, Hampton Bays

Fee: \$200 - **Residents Only**

Learn how to grow oysters as part of an established East End oyster restoration initiative administered by Cornell Cooperative Extension Marine Program. Receive gear, training and 1000 oysters that will help you on your way to becoming a proficient aquaculturalist. Workshops will include life history, culture techniques, culinary tips, maintenance of gardens and all of the things you always wanted to know about shellfish but were afraid to ask.

Participants must be prepared to get wet and somewhat fouled.

Standup Paddle Boarding Instruction

Instructor: Hampton Watersports

Program 1: July 18 & 25

Program 2: August 1 & 8

Time: 9:00 a.m. - 10:30 a.m.

Place: Hampton Watersports 1688 County Rd. 39, Southampton

Fee: Residents \$175 Non-Residents \$190

Age: 10 yrs old - Adults

Learn to standup paddle board in the beautiful Peconic Bay. Standup paddle boarding is amazingly fun and a fantastic all body, no impact workout, it is the fastest growing water sport world wide.

Participants must be able to swim and will be required to wear an approved lifejacket. Equipment provided by Hampton Watersports. Please wear bathing suit, bring a towel and a pair of water shoes or sandals.

Make-Up Classes: If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.

Windsurfing & Standup Paddle Boarding Instruction

The Town of Southampton Parks & Recreation Department and Hampton Watersports of Southampton is offering a combination windsurfing and standup paddle boarding instruction at two locations during the summer months.

Instruction is suitable to all skill levels beginner through advanced.

Locations:

Tiana Recreation Area on the bayside of Dune Road in Hampton Bays
Foster Memorial Beach (Long Beach) in Noyac.

Participants must be able to swim and will be required to wear approved lifejackets. Boards and sails will also be provided by Hampton Watersports. Please wear a bathing suit, bring a towel and a pair of water shoes or sandals.

Ages: Youths ages 8 & older and Adults

Fees: Resident \$185 Non-Resident \$200

This program combines instruction in both windsurfing and standup paddle boarding.

Each program consists of 3 classes: Monday, Tuesday & Wednesday.

Long Beach

Program 1: July 13, 14, 15 10:30 a.m. - 12:30 p.m.

Program 2: July 13, 14, 15 1:00 p.m. - 3:00 p.m.

Program 3: July 20, 21, 22 10:30 a.m. - 12:30 p.m.

Program 4: July 20, 21, 22 1:00 p.m. - 3:00 p.m.



Tiana Bay Park

Program 5: July 27, 28, 29 10:30 a.m. - 12:30 p.m.

Program 6: July 27, 28, 29 1:00 p.m. - 3:00 p.m.

Program 7: August 3, 4, 5 10:30 a.m. - 12:30 p.m.

Program 8: August 3, 4, 5 1:00 p.m. - 3:00 p.m.

Program 9: August 10, 11, 12 10:30 a.m. - 12:30 p.m.

Program 10: August 10, 11, 12 1:00 p.m. - 3:00 p.m.

Program 11: August 17, 18, 19 10:30 a.m. - 12:30 p.m.

Program 12: August 17, 18, 19 1:00 p.m. - 3:00 p.m.

Make-Up Classes: If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.

Baton Twirling



Instructor: Carol Giordano

Age Group: 6 years & up

Place: Red Creek Park Activity Center
102 Old Riverhead Road, Hampton Bays

Beginner Program:

Time: 6:00 p.m. - 6:45 p.m.

Dates: Thurs. July 30 - Aug. 20

Fee: Residents \$40 Non-Residents \$50 (4 classes)

Pre-Requisites: Intermediate students must have completed a year of our beginner baton twirling programs & be approved by instructor.

*** Participants Must Bring A Baton To Class ***

(A 22" baton is an appropriate size for most youngsters)

Meet New Friends and Learn a New Skill!!

Baton twirling develops poise and grace, improves flexibility and coordination, and builds self-confidence. Participants will learn basic twirls and dance twirl movements.



Youth Soccer Camp



Instructor: United Soccer Academy

Place: Red Creek Park - North Field

102 Old Riverhead Road, Hampton Bays

"First Play Soccer"

Program 1: July 13 - July 17

Ages: 5 - 12 yrs. old

Time: 9:00 a.m. - 12:30 p.m.

Fee: Residents \$179 Non-Residents \$189

Participants will engage in a variety of fun games and challenges designed to enhance basic soccer skills, dribbling, passing, shooting and field awareness. Each day culminates in our World Cup tournament, where players have the chance to put their skills to the test in small sided and regular soccer scrimmages.

"Soccer Squirts"

Program 2: July 13 - July 17

Ages: 3 - 5 yrs. old

Time: 1:00 p.m. - 2:00 p.m.

Fee: Residents \$99 Non-Residents \$109

The "Soccer Squirts" Program introduces soccer in a fun filled environment. The program is designed to develop motor skills, balance and coordination by using imaginative games, scrimmages, short passing, dribbling, turning and of course shooting.

Red Creek Skatepark Hours

June - September

Open everyday from 12:00 noon. - 7:00 p.m.

**All Skate park users must wear an ANSI or SNELL approved helmet,
knee pads & elbow pads.**

Daily Fee \$5 or Membership \$40, family rates available



Tennis Instruction

Tennis instruction is offered for all ages and ability levels. Students must bring their own tennis racket to class.

You may register for only one session, wait list for another.

Fees: Residents Youth (8 - 17 yrs. old) \$120 Adults (18+) \$140
Non-Residents Youth \$130 Adults \$150

A. Beginner/Advanced Beginner: Ages 8 - 17

Players who need practice and instruction on the fundamentals of tennis: forehand, backhand, volleys and serves.

B. Advanced Beginner/Intermediate: Ages 12 - Adult

Players who can consistently rally and serve and are ready to learn more advanced skills and play games.

C. Beginner Junior/Teen/Adult: Ages 8 - Adult (18+)

Players from ages 8 years thru adult will receive separate and simultaneous beginning instruction on the basic fundamentals of tennis - forehand, backhand, volleys and serves. In these classes instruction will be in small age appropriate groups.

Tennis Instruction - Hampton West Park

Stewart Avenue, Westhampton Beach

Dates: Tuesdays & Thursdays, June 30, July 2, 7, 9, 14, 16, 21 & 23

Beginner and Advanced Beginner: Ages 8 - 17

Program 1: 8:30 a.m. - 9:30 a.m.

Program 2: 11:00 a.m. - 12:00 p.m.

Program 3: 4:00 p.m. - 5:00 p.m.



Advanced Beginner/Intermediate: Ages 12 - Adult

Program 4: 9:45 a.m. - 10:45 a.m.

Program 5: 5:15 p.m. - 6:15 p.m.

Beginner Junior/Teen/Adult: Ages 8 - Adult

Program 6: 6:30 p.m. - 7:30 p.m.

Tennis Instruction - Red Creek Park

102 Old Riverhead Road, Hampton Bays

Dates: Tuesdays & Thursdays, July 28, 30, August 4, 6, 11, 13, 18 & 20

Beginner & Advanced Beginner: Ages 8 - 17

Program 7: 8:30 a.m. - 9:30 a.m.

Program 8: 11:00 a.m. - 12:00 p.m.

Program 9: 4:00 p.m. - 5:00 p.m.



Advance Beginner/Intermediate: Ages 12 - Adult

Program 10: 9:45 a.m. - 10:45 a.m.

Program 11: 5:15 p.m. - 6:15 p.m.

Beginner Junior/Teen/Adult : Ages 8 - Adult

Program 12: 6:30 p.m. - 7:30 p.m.

Boys Lacrosse Camp

Instructors: Ralph Pepe, Blayne McEneaney & Ralph Naglieri

Dates: June 29 - July 2 (4 classes)

Time: 9:00 a.m. - Noon

Grades: K - 9

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Fee: Residents \$130 Non-Residents \$140

Requirements: Lacrosse stick, helmet, gloves and shoulder pads



This camp will introduce & stress the fundamentals of Lacrosse; passing, catching & ground balls. The rules of the game will be introduced to allow all to have fun & enjoy the teamwork of this great sport. Players will be separated into groups appropriate for age & skill level. This is the 23rd year that the coaches have run their camp.

Each participant receives a Camp Lacrosse shirt.

Girls Lacrosse Camp

Instructors: Ralph Pepe, Blayne McEneaney & Ralph Naglieri

Dates: July 6 - July 9 (4 classes)

Time: 9:00 a.m. - Noon

Grades: K - 9

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Fee: Residents \$130 Non-Residents \$140

Requirements: Lacrosse stick and goggles

This camp will introduce and stress the fundamentals of Lacrosse; stick skills, individual position instruction, goalie work, innovative and fun drills for position development, team drills and games.

Each participant receives a Camp Lacrosse shirt.

Junior Golf Camp at Indian Island Golf Course

Instructor: Steve Feder, Director of Instruction

Program 1: June 29 - July 3

Program 3: July 13 - 17

Program 5: July 27 - 31

Program 7: August 10 - 14

Program 9: August 24 - 28

Program 2: July 6 - 10

Program 4: July 20 - 24

Program 6: August 3 - 7

Program 8: August 17 - 21

Program 10: August 31 - Sept 4

Time: Mondays - Thursdays 10:00 a.m. - 2:00 p.m. and
Fridays 3:30 p.m. - 7:30 p.m.

Place: Indian Island Golf Course, Rte. 105, Riverhead

Ages: 7 - 16 years old

Fee: Residents \$450 Non-Residents \$475



Join us for a fun week of learning the fundamentals of golf, including grip, stance, alignment and posture. Learn about putting and chipping, the different types of golf clubs and when to use them. Friday session is instruction on course. There will be daily competitions with prizes. Very low student/teacher ration.

Each participant will receive a hat and shirt.

Lunch will be provided each day.

Southampton Baseball School

« « Our 30th Year « «

BASEBALL SCHOOL IS VERY POPULAR - SIGN UP EARLY!

Instructor: Rob Nelson former Minor league pitcher and coach

Dates: August 3 - August 8 (6 classes)

Time: 9:00 a.m. - 12:00 p.m.

Place: Red Creek Park, 102 Old Riverhead Rd, Hampton Bays

Fee: Residents only \$125

Ages: 10-12 (born between 1/1/03 - 12/31/05)



The goal of "Southampton Baseball School" is individual improvement through small classes in a fun filled atmosphere. Hitting instruction is emphasized. Each participant will hit more baseballs in a week than he or she hits in one full Little League Season!

PLEASE NOTE: Mr. Nelson offers this program while he vacations in Southampton. Every effort will be made to make up rained-out days, however, make-ups cannot be guaranteed.

Softball Camp

NEW

Instructor: Rich Doulos - Hampton Bays Varsity Softball Coach

Dates: **July 20 - July 23 (rain date July 24)**

Time: 9:00 a.m. - 12:00 p.m.

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Ages: 9 - 13 (born by 12/1/05)

Fee: Residents \$90 Non-Residents \$100

The focus of this camp is on the fundamentals of softball - hitting, fielding, throwing and base running. Have fun while sharpening skills and applying them to scrimmage situations.

Bring glove, cleats or sneakers and water bottle

Multi-Sports Summer Camp



Instructor: U.S. Sports Institute

Place: Red Creek Park North Soccer Field
102 Old Riverhead Road, Hampton Bays

"Youth" Multi-Sports Camp

Program 1: **August 17 - August 20** **Ages:** 5 - 12 year olds

Time: 9:00 a.m. - 12:30 p.m.

Fee: Residents \$179 Non-Residents \$189

During this week long camp, children will have the opportunity to take part in over 16 different sports from around the world. Campers receive technical instruction in each sport, have the chance to experience the sport in a realistic game situation and will participate in the exciting USSI World Cup Competition. Sports include: Badminton, Baseball, Basketball, Bocce, Cricket, Football, Hockey, Handball, Lacrosse, Polo, Rugby, Soccer, Softball, Tennis, & Volleyball

Sports "Squirts" Camp

Program 2: **August 17 - August 20** **Ages:** 3 - 5 year olds

Time: 1:00 p.m. - 2:00 p.m.

Fee: Residents \$99 Non-Residents \$109

This program has been designed to introduce young children to a variety of sports in a safe, structured environment. All games and activities encourage learning, skill development, hand eye coordination, balance and movement. Games and drills are designed to capture each child's imagination, there is fun to be had by all. Sports include: Soccer, T-Ball, Hockey, Lacrosse, Tennis and Basketball.

Basketball Camp

Introduction To Basketball Fundamentals



Instructor: John Paga

Program 1: July 27 - July 31

Program 2: August 3 - August 7

Time: 9:00 a.m. - Noon

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Ages: Girls & Boys 9 to 13 years old

Fee: Residents \$90 Non-Residents \$100

This five day camp is designed to teach the fundamentals of basketball as well as the values of working with others in a team situation while having fun. The camp stresses positive reinforcement, learning improvement and fun.

Tap Dancing

Instructor: A&G Dance Company

Dates: Thursdays, July 2 - August 27 (no class 8/6)

Time: 5:30 p.m. - 6:15 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Ages: 6 - 12 years old

Fee: Residents \$75 Non-Residents \$85 (8 classes)



Children will learn fundamental tap steps, rhythm concepts and improvisation. Learn how to put tap steps into combinations, barre, floor work, group and solo work.

Must bring tap shoes

Pre-K Hip Hop

Instructor: A&G Dance Company

Dates: Thursdays, July 2 - August 27 (no class 8/6)

Time: 2:30 p.m. - 3:15 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Age: 3 - 5 years old

Fee: Residents \$75 Non-Residents \$85 (8 classes)

Kids will have so much fun in this energetic dance class. We will play age appropriate dance games emphasizing rhythm, strength, coordination, jumps and some hip hop choreography.

Introduction to Dance & Movement

Instructor: A&G Dance Company

Dates: Thursdays, July 2 - August 27 (no class 8/6)

Time: 3:15 p.m. - 4:00 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Fee: Residents \$75 Non-Residents \$85 **(8 classes)**

Age: 3 - 5 year olds



These classes introduce children to the basic fundamentals of dance. Technique is based on ballet, modern and tap forms and will be taught in a fun and relaxed atmosphere. Classes will emphasize rhythm, coordination, breathing, musicality, balance, relation to time and space and creativity. Classes are grouped by age not by prior dance experience and are developmentally age appropriate based on NYS Early Childhood guidelines.

Comfortable jazz slippers, ballet shoes or bare feet recommended

Hip Hop Dance at the Beach

Instructor: A & G Dance Company

Age: 5 - 7 years old

Time: 4:00 p.m. - 4:45 p.m.

Program 1: Thursdays, July 2 - August 27 (no class 8/6)

Age: 8 - 14 years old

Time: 6:15 p.m. - 7:00 p.m.

Program 2: Thursdays, July 2 - August 27 (no class 8/6)

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Fee: Residents \$75 Non-Residents \$85 **(8 classes)**



These classes teach children modern "hip" moves emphasizing rhythm and weight control. Children will be encouraged to be creative and to push limits within themselves, each child will develop a keen sense of personal body awareness. Hip Hop is all about attitude and approach, not just mimicking steps.

Comfortable clothing, dance shoes or bare feet recommended

Contemporary Dance



Instructor: A&G Dance Company

Dates: **Thursdays, July 2 - August 27 (no class 8/6)**

Time: 4:45 p.m. - 5:30 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Age: 6 - 12 years old

Fee: Residents \$75 Non-Residents \$85 **(8 classes)**

Children will learn about the beauty and the fundamentals and strength of dance. They will learn the techniques of ballet as well as concepts such as musicality, rhythm, strength and imagination stemmed from more contemporary forms like jazz and modern dance. Older children will learn more advanced techniques.

Comfortable jazz slippers, ballet shoes or bare feet recommended

Beach Dance Camp - 3 Styles in 3 Days

Instructor: A&G Dance Company

Dates: **July 28, 29, 30**

Time: 9:00 a.m. - 1:00 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Age: 8 - 12 yrs old

Fee: Residents \$120 Non-Residents \$130



3 styles of dance in 3 days! Learn through technique, choreography, lecture and media. Students will learn about these dance styles: July 28 - Contemporary Day, July 29 - Hip Hop Day, July 30 - Tap Day (bring own shoes if have them, otherwise they will be provided). Please bring water and snack each day.

Poxabogue Golf Center

Open daily June - August call for hours

Location: 3556 Montauk Highway, Bridgehampton

Nine Hole Course, Driving range, Putting green, Golf Shop, Private Golf Lessons, Range Balls, Food & Beverage Service
Adult and Junior clinics available

For pricing and more information call 631 537-0025



Kids and Comedy Camp Acting Classes



Instructor: Frank Cento

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Time: 9:00 a.m. - 1:30 p.m.

Age: 7 - 9 year olds

This is a two week program, Monday - Thursday

Program 1: July 13 - July 23

Program 2: August 17 - August 27

Fee: Residents \$290 Non-Residents \$300

Material Fee: \$20 paid to instructor for video and props at first class

Young actors will learn how to make a wacky action comedy movie. This fun and unique environment develops children's inner confidence, professional etiquette, focus and self-control. Sports and swimming are part of the fun. Check out Facebook: The Loose Cannon Group for more details. Students should bring lunch & a snack everyday and a bathing suit & towel. Pick up is promptly at 1:30 p.m.

Movie Acting Camp - "Makin' Movies"

Instructor: Frank Cento

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Time: 9:00 a.m. - 1:30 p.m.

Ages: 10 - 16 years old

This is a two week program, Monday - Thursday

Program 1: June 29 - July 9

Program 2: August 3 - August 13

Fee: Residents \$290 Non-Residents \$300

Material Fee: \$20 paid to instructor for video & props at first class



The film and acting process is introduced on a more professional level. Campers will learn the structure of writing screenplays along with acting, directing and editing. They also take a turn at various crew positions while making their movies. It's high energy for the beginner and experienced. Sports and swimming are part of the fun. Check out Facebook: The Loose Cannon Group for more details. Students must bring a snack and lunch everyday, and a bathing suit and towel. Pick up is promptly at 1:30 p.m.

Adult Golf Instruction Indian Island Golf Course

Instructor: Steve Feder, Director of Instruction

Program 1: Mondays & Wednesdays, July 6, 8, 13, 15 & 20

Program 2: Mondays & Wednesdays, August 3, 5, 10, 12 & 17

Time: 5:30 p.m. - 6:50 p.m.

Place: Indian Island Golf Course, Rte. 105, Riverhead

Fee: Residents \$100 Senior Residents \$90 Non-Residents \$110



An introduction to the fundamentals of golf, including grip, stance, alignment and posture. Learn about putting and chipping, the different types of clubs and when to use them.

Bring a 7 or 9 iron to first class

One Stroke Painting



Instructor: Liz Mignerey

Program 1: Tuesday, July 14 - Daffodils & Daisies on Canvas

Program 2: Tuesday, September 15 - Sunflowers on t-shirt (bring a prewashed t-shirt, no fabric softener)

Time: 6:30 p.m. - 9:30 p.m.

Place: Hampton Bays Senior Center, 25 Ponquogue Avenue

Fee per program: Residents \$15 Non-Residents \$25

Materials Fee: \$15 payable to instructor for all materials necessary.

First time students may purchase brushes for \$10 a set at class.

In these classes learn basic tips and techniques of one stroke painting system. Lets you shade, blend and highlight in a single brush stroke. You will be walked through techniques in creating unique gifts. Great for beginner and advanced painters.

Beginner Painting Oils or Acrylics



Instructor: Mary Van Deusen

Dates: Tuesdays, July 7, 14, 21, 28 (4 classes)

Time: 9:00 a.m. - 1:00 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$80 Non-Residents \$90

Materials: Students must bring the following to class - Paints beginner set of oil/acrylics, oil painting medium & turpenoid. If painting in oil, palette & knife, stretched canvas board, brushes, paper towels.

If you've always wanted to try your hand at painting with oils or acrylics here is the perfect opportunity to do so in a relaxed, casual atmosphere. Great for teens and adults.

East End Volleyball League



Dates: Tuesdays, Starting June 9

Time: 6:00 p.m. - Dark

Place: Ponquogue Beach, Dune Road, Hampton Bays

Format: Teams will be assigned to a net each night and will play against the other teams assigned to that net. The final winning team each night will return the completed schedule and results to the director. Last losing team each night must bring in boundary ropes.

This league is open to single players looking for a team or a team looking for players.

To register or for more information call 728-0397 or www.eevb.net

Surfset Fitness



This HOT, new, surf inspired workout is done on the original Rip Surfer, a mock surfboard placed on instability balls. The instability of the board forces the body to immediately engage the core and internal stabilizers which take each move to a whole new level of difficulty. This is a great workout for all ages and fitness levels.

Dates: Tuesdays & Thursdays, July 14, 16, 21, 23, 28, 30, August 4 & 6

Place: Foster Memorial Beach (Long Beach), Noyac

Fee: Residents \$120 Non-Residents \$135 **(8 classes)**

Program 1: Surfset Balance - Beginner/Yoga Inspired

Time: 9:15 a.m. - 10:00 a.m.

This is the most "beginner" level. Balance focuses on breathing, core strength and body control. This is a great program to get used to the motion of the board and to begin to develop the mind body connection necessary for Surfset.

Program 2: Surfset Blend - High Intensity Interval Training

Time: 10:15 a.m. - 11:00 a.m.

This is an all inclusive session that incorporates equal amounts strength training, aerobic and sprint training, core strengthening, balance improvement and surf inspired exercises for a fast paced, results oriented, fun sessions.

Program 3: Surfset Kids **Ages:** 7 - 12

Time: 11:15 a.m. - 12:00 p.m.

This class introduces kids to the idea of a healthy active lifestyle. They will learn the signature move of the Surfset Program (wave runners, shark kicks, starfish crunches, etc.) while in a fun & safe environment.

Adult Hip Hop



Instructor: Adam Baranello of A & G Dance Company

Dates: **Thursdays, July 2 - August 27 (no class 8/6)**

Time: 8:00 p.m. - 9:00 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Fee: Residents \$75 Non-Residents \$85 **(8 classes)**

Come have fun in this aerobic based dance class. Moves are fairly easy and repetitive to get you comfortably moving. With these moves we will build patterns which will progress each week. Bring sneakers, water and be ready to sweat! **Great for teens and adults.**

Wake Up Workout



Instructor: Patty Tuzzola of World Class Fitness

Program 1: **Wednesdays, July 1 - July 29 (5 classes)**

Program 2: **Wednesdays, August 12 - September 9**

Time: 7:00 a.m. - 7:45 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Work each muscle group to the max. This class comprised of a varied series of muscle toning exercises. Moves incorporate the use of equipment (bands, bars, weights) as well as your body's own resistance. Numerous intensity modifications and options make it a class for all fitness levels. Feel challenged as you get stronger.

Tabata High Intensity Training

Instructor: Maureen Lerch of World Class Fitness

Program 1: **Mondays, June 29 - July 27 (5 classes)**

Program 2: **Mondays, August 10 - September 7**

Time: 8:00 a.m. - 9:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

20 seconds of high intense exercise followed by 10 seconds of rest repeated 8 times before moving on to the next interval. The exercises will be simple to follow and can be modified for any level. The HIIT portion of the class is 30 minutes in duration with the remainder of time devoted to warm up, cool down and core work. Benefits of this class is maximum calorie burn and strength gain in minimum time.

Dance Medley

Instructor: Maureen Lerch of World Class Fitness

Program 1: **Wednesdays, July 1 - July 29**

Program 2: **Wednesdays, August 12 - September 9**

Time: 10:00 a.m. - 11:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

This dance exercise workout includes Latin dance to line dance and lots in-between. Learn easy to follow low impact steps and have fun dancing to a variety of music styles.

Everything Interval

Instructor: Patty Tuzzolo of World Class Fitness

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

Tuesday Morning Classes 6:00 a.m. - 6:45 a.m.

Program 1: **June 30 - July 28**

Program 3: **August 11 - September 8**

Thursday Morning Classes 6:00 a.m. - 6:45 a.m.

Program 2: **July 2 - July 30**

Program 4: **August 13 - September 10**



This "all inclusive" class alternates between three minutes of cardio and four minutes of strength training. The cardio segments feature a weekly variety of low impact aerobics, kickboxing, step & cardio ball. The sculpting exercises are carefully selected to strengthen & utilize all major muscles. Abdominals & stretches will complete this well rounded workout. All Levels.

Aerobics Tone & Stretch

Seniors Welcome!!

Instructor: Heather Rollo

Program 1: **Tuesdays, June 30 - July 28 (5 classes)**

Program 2: **Tuesdays, August 11 - September 8**

Time: 8:30 a.m. - 9:30 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Resident \$30 Non-Residents \$40



This program combines it all! Aerobics for cardio health, weights for building muscles and stretching to cool down and increase flexibility.

Tone and Tighten

Instructor: Patty Tuzzolo of World Class Fitness

Program 1: **Fridays, July 3 - July 31 (5 classes)**

Program 2: **Fridays, August 14 - September 11**

Time: 6:00 a.m. - 6:45 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40



This class will focus on major muscle groups. We will incorporate the use of weights, bars and bands to enhance our routines. Abdominals and a well deserved stretch are always included. All fitness levels welcome.

Saturday Strength

Instructor: Patty Tuzzolo of World Class Fitness

Program 1: **Saturdays, July 4 - August 1 (5 classes)**

Program 2: **Saturdays, August 15 - September 12**

Time: 8:00 a.m. - 9:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40



This total body workout will strengthen all the major muscle groups. Using a variety of equipment each week will keep it fun. Classes include an abdominal workout and stretch. All fitness levels welcome.

Pilates Mat Workout

Instructor: Maureen Lerch of World Class Fitness

Wednesday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 1: **July 1 - July 29**

Program 3: **August 12 - September 9**

Friday Morning Classes 9:00 a.m. - 10:00 a.m.

Program 2: **July 3 - July 31**

Program 4: **August 14 - September 11**

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**



Pilates uses non-aerobic floor exercises done on a mat to work the deep stabilizer muscles of the spine and the abdominal as well as the hip, shoulders, flexors and extensors to improve core strength and enhance overall muscle tone.

Yogalates



Instructor: Adam Baranello of A & G Dance Company

Dates: **Thursdays, July 2 - August 27 (no class 8/6)**

Time: 7:00 p.m. - 8:00 p.m.

Ages: Teens - Adults

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Fee: Residents \$75 Non-Residents \$85 **(8 classes)**

These classes are a perfect blend of yoga and Pilates, providing the students with a practical total body workout. Classes emphasize stretching, toning, breath control and working core muscles. You will leave each session feeling rejuvenated and relaxed. Bring a mat.

Yoga Moves



Instructor: Maureen Lerch of World Fitness

Program 1: **Wednesdays, July 1 - July 29 (5 classes)**

Program 2: **Wednesdays, August 12 - September 9**

Time: 9:00 a.m. - 10:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Relax while strengthening your body in a class that can both introduce you to yoga or enhance your practice. Each class includes instruction in basic Yoga poses and breathing techniques. Standing, seated and balancing postures followed by deep relaxation and gentle guided imagery will help calm your mind while developing muscular strength and improving posture and flexibility.

Introduction to Pilates & Stretch

Instructor: Heather Rollo

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

Monday Evening Classes 5:30 p.m. - 6:15 p.m.

Program 1: **June 29 - July 27**

Program 3: **August 10 - September 7**

Tuesday Morning Classes 9:30 a.m. - 10:15 a.m.

Program 2: **June 30 - July 28**

Program 4: **August 11 - September 8**



This class will provide an introduction to a full body exercise program. You will improve balance and flexibility as well as strengthen the core muscles of the abs and lower back. All Levels Welcome.

Ultimate Cardio Blast

Instructor: Heather Rollo

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Mondays Evening Classes 6:15 p.m. - 7:15 p.m.

Program 1: June 29 - July 27

Program 4: August 10 - September 7

Thursday Morning Classes 8:30 a.m. - 9:30 a.m.

Program 2: July 2 - July 30

Program 5: August 13 - September 10

Thursday Evening Classes 5:30 p.m. - 6:30 p.m.

Program 3: July 2 - July 30

Program 6: August 13 - September 10

Shape up for Life. This class incorporates safe and easy aerobic moves with conditioning intervals to REV your heart rate and increase metabolism to burn those calories. Weights, bands and your own body's resistance used. Ends with abdominals and stretch. Work at your own pace. All fitness levels welcome.

Introduction to Yoga

Novice Level Classes!! All Ages Welcome!!

Instructor: Heather Rollo

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

Monday Evening Classes 7:15 p.m. - 8:15 p.m.

Program 1: June 29 - July 27

Program 4: August 10 - September 7

Thursday Morning Classes 9:30 a.m. - 10:30 a.m.

Program 2: July 2 - July 30

Program 5: August 13 - September 10

Thursday Evening Classes 6:30 p.m. - 7:30 p.m.

Program 3: July 2 - July 30

Program 6: August 13 - September 10



If you've never taken yoga before and are a bit intimidated or afraid you may not be flexible enough - here's the opportunity you've been looking for! Work at your own pace learning basic moves, slowly and comfortably, leading to increased flexibility, balance, and strength. Bring a mat, towel & comfortable clothing.

Tai Chi



Instructor: Sal Minardi

Program 1: Thursdays, July 2 - July 30 (5 classes)

Program 2: Thursdays, August 13 - September 10

Time: 1:45 p.m. - 2:45 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$45 Non-Residents \$55

Tai chi chuan is a system of beautiful, flowing movements. Qigong is an ancient mind body system of cultivating our natural energy. Regular practice of these closely related arts promotes high levels of health, flexibility, strength, longevity and peace of mind. This workshop is designed to give beginners & returning students a solid foundation continue their practice at home. Seniors Welcome!

Not Just Weights



Instructor: Patty Tuzzolo of World Class Fitness

Program 1: Mondays, June 29 - July 27 (5 classes)

Program 2: Mondays, August 10 - September 7

Time: 9:15 a.m. - 10:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

This sculpt class will tighten and strengthen the core area, improve balance and flexibility while working on glutes, hips, abs, back and more. Exercises will include the use of bars, balls and your body's own resistance... not just weights.

Basic Conditioning

Instructor: Maureen Lerch of World Class Fitness

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 (5 classes)

Friday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 1: July 3 - July 31

Program 3: August 14 - September 11

Friday Morning Classes 10:00 a.m. - 11:00 a.m.

Program 2: July 3 - July 31

Program 4: August 14 - September 11



Total body conditioning using weights and your body's own resistance. Tighten and tone major muscle groups and problem areas. This class is designed for beginners as well as experienced exercisers.

Southampton Town Beaches



All supervised Southampton Town beaches will be officially open and staffed seven days per week, during the hours of 10:00 a.m. to 5:00 p.m., from June 27 through Labor Day. (Permits sold 9:30 a.m.- 4:30 p.m.) In addition, Ponquogue, Tiana, Sagg Main, Flying Point and Long Beach will be open and staffed on weekends beginning May 23.

Permits are required for parking at Southampton Town beaches. Beach Parking Permits required at Beaches from 9:00 a.m. - 9:00 p.m. Southampton Town Residents/Taxpayers may obtain a "Facility Use Permit" for beach activity after 9:00 p.m.

2015 Beach Parking Permit Fees

Resident/Taxpayer (Season)	\$40.00
Senior Resident/Taxpayer (60+) (Season)	\$25.00
Non-Resident (Season)	\$375.00
Non-Resident (Daily)	\$20.00
Old Ponquogue Bridge Marine Park Permit	\$90.00

Permit will be affixed to vehicle window at time of purchase and is non-transferable.

Ocean:

Pikes Beach, 759 Dune Road, Westhampton Dunes
Tiana Beach, 90 Dune Road, Hampton Bays
Ponquogue Beach, 280 Dune Road, Hampton Bays
Flying Point Beach, 1055 Flying Point Road, Water Mill
Mecox Beach, 535 Jobs Lane, Bridgehampton
W. Scott Cameron Beach, 425 Dune Road, Bridgehampton
(W. Scott Cameron Beach Is Open To Residents Only)
Sagg Main Beach, Sagg Main Road, Sagaponack

Bay:

Foster Memorial Beach (Long Beach),
Noyac-Long Beach Road, Noyac

Freshwater Lake:

Emma Rose Elliston Park, Millstone Brook Road, North Sea
(Open To Residents Only - No Lifeguards on Duty)

For Information Regarding Parks, Beaches, and Beach Parking Permits
Please call the Southampton Town Parks & Recreation Department
Monday - Friday 8:30 a.m. - 4:00 p.m. (631) 728-8585
Or visit the Parks & Rec Dept. at www.southamptontownny.gov

Town of Southampton Senior Services

FAN Food

Location: Hampton Bays Senior Center

Dates: Tuesdays, July 21, August 18, September 15

Time: 9:30 a.m. - 11:00 a.m.



This program is for seniors who meet an income criteria(\$1265 for a single person; \$1705 per couple). It provides a monthly allotment of food including canned fruits, juices, vegetables, cereal, pasta, canned fish & meats, and dairy items. Transportation can be provided.

Please call 728-1235 for further information

Senior Centers

Meals are provided in the bright and cheerful setting of our own facilities. Many social, cultural, educational and recreation opportunities are offered at our centers. Additionally, an appealing nutritionally balanced meal is served daily at noontime, choice of a hot or cold alternative. Round trip transportation is available. Computers available.

Home Delivered Meals

Meals can be provided on a temporary or long-term basis five days per week for homebound seniors for a suggested contribution of \$3.00

Location of Town Community Centers

Bridgehampton - 585 Sag Harbor Turnpike 537-3027

Hampton Bays - 25 Ponquogue Avenue 728-1235

Flanders - 655 Flanders Rd 702-2375

Days & Time: Monday - Friday 8:00 a.m. - 4:00 p.m.

Shinnecock Indian Reservation - Church Road 283-0106

Days & Time: Monday - Friday 11:30 a.m. - 1:30 p.m.

Senior Shuttle

The Town of Southampton Essential Services/Handicapped Transportation Program is designed to aid homebound persons and non-driving residents of the township with transportation to & from such basic essential services as shopping, banking, non-emergency medical visits, visits to governmental agencies, and hospital visitation of a sick spouse. Advance reservations are required. Suggested contribution \$2.00 one way or \$3.00 round trip. **For further information, call the Shuttle office 728-1110, weekdays, 8:30 a.m. to 4:00 p.m.**

Senior Services Programs

Expanded In-Home Services For Elderly Program & Helping Hands Program

Southampton Town provides services through the Dominican Sisters Family Health Services. These are programs that provide services for seniors who need assistance with cleaning, shopping, laundry, errands and friendly visiting.

For more information please call 728-1235 or 728-0937

Residential Repair Program

The Town of Southampton offers a residential repair program for residents age 60 years and over, who are owners or renters. This program provides household assistance with chores that do not require the skills of a licensed craftsman. *This is not an emergency service.* **Call 728-1235 for a list of the types of repairs provided and to schedule an appointment with our repairman.**

Adult Day Care Program

This wonderful program provides companionship and stimulation as well as respite, information, referrals and support groups for caregivers. A continental breakfast and hot lunch are served daily.

Transportation can be provided.

Dates: Monday to Friday

Time: 8:00 a.m. to 2:00 p.m.

Location: Hampton Bays Senior Center, 25 Ponquogue Ave

Fee: \$50 Daily fee scheduled, \$55 unscheduled,

Pre-paid monthly rates also available

Day Care participants include adults who are physically impaired, socially isolated, in need of assistance and personal care, mentally confused, and/or limited in their ability to function independently in the community. **For more Information call 728-1235**

SAGE LI Hampton Bays Mingle

A social group for gay, lesbian, bisexual, transgender seniors and their friends.

Dates: Second and fourth Thursdays of the month

Place: Hampton Bays Senior Center, 25 Ponquogue Avenue

Time: 3:00 p.m. - 5:00 p.m.

Dinner is served on the fourth Thursday at 4:30 p.m.

Call 728-1235 for further information.

Senior Services Programs



Support Groups for Caregivers of the Elderly

These groups provide information, educational skills, and support to families who are caregivers of the elderly in our township.

Location:

Hampton Bays Senior Center, 25 Ponquogue Ave, Hampton Bays

Caregivers Support Group

Dates: *Last Wednesday of every month* **Time:** 12:00 p.m. - 2:00 p.m.

Lunch will be served at 2:00 p.m., **The August meeting will be 8/19**

Adult Children of Aging Parents Support Group

Dates: *3rd Weds. of every month* **Time:** 6:00 p.m. - 8:00 p.m.

Family style dinner 6:00 p.m.

Grandparents Raising Grandchildren Support Group

Dates: *2nd Weds. of every month* **Time:** 6:00 p.m. - 8:00 p.m.

Childcare is available, Family style dinner 6:00 p.m. - **August meeting will be 8/11, September meeting will be 9/23**

Please call 728-1235 for further information.

"Vial of Life" Program

The "Vial of Life" program is a free program designed for seniors and individuals with serious medical conditions to provide pertinent medical information to emergency personnel who respond to and treat home emergencies. A "Vial of Life" contains much of the medical history needed by the responding emergency personnel, such as existing medical conditions, allergies, medication currently taken, and emergency contact information.

"Vial of Life" participants complete a Medical Information Form that is then placed on the refrigerator. A "Vial of Life" decal is placed on the front door in plain view for emergency personnel to alert them that medical information is located inside. "Vial of Life" packets may be obtained at any of our Senior Centers.

Please call 728-1235 for further information.

Are You Okay?

A daily telephone reassurance to confirm all is well for seniors living alone or disabled. This program features a daily telephone call to subscribers at the same time each day, seven days a week-365 days a year. **Call 728-1235 for more information and application.**

Senior Services Programs

Knitting & Crocheting Circle “Cover Me with Love”

Time: 10:00 a.m. - 11:30 a.m.

Dates: Tuesdays, July 14, 28, August 11, 25, September 8 & 22

Place: Hampton Bays & Bridgehampton Centers

Dates: Tuesdays, July 7, 21, August 4, 18, September 1 & 15

Place: Flanders Center

We knit infant caps and blankets for local hospitals and the Stony Brook University Hospital NICU. We are looking for you to share your creative talents and invite you to knit, crochet, quilt or sew a blanket or hat. Your generous gift will envelope a child in worth and love. Please bring your own knitting/crocheting needles and current projects. Yarn will be supplied for small projects.

Call 728-1235 for more information, Yarn donations appreciated

Caregiver Information Seminar

Dates: Thursdays, July 9, 23, 30 & August 6

Time: 4:30 p.m. - 6:30 p.m.

Place: Bridgehampton Senior Center

This seminar is designed to help caregivers of older adults acquire specific knowledge to assist you in dealing with your loved ones. This 4 week seminar will include these topics: Alzheimer's & Dementia Facts, Legal Issues, Community Resources & Caregivers & Stress. If you are a caregiver, don't miss these supportive and information packed classes. A light dinner will be served.

Pre-Registration required. Please call Heather at 728-1235

Family Caregivers Course

Dates: Tuesdays, September 8, 15, 22, 29, October 6 & 13

Time: 4:00 p.m. - 6:00 p.m.

Location: Hampton Bays Center



This program is designed to help families acquire care giving skills. Classes include detailed instruction on how to care for someone on bed-rest, personal care, safe wheelchair use, medication management, infection control, fall prevention and more. Join us for these supportive information packed classes.

Pre-Registration required. Please call 728-1235 for more information

Senior Services Programs

Chair Yoga



Time: 10:30 a.m. - 11:30 a.m.

Date & Location: **Tuesdays** - Hampton Bays & Bridgehampton
Mondays - Flanders

You have nothing to lose and so much to gain! Inspired by the video "Yoga in Chairs" you will benefit from this program in so many ways. Yoga encourages proper breathing, good posture, better balance, increased flexibility, strength and circulation. Join us for this class and you will begin to see and feel the benefits of chair yoga.

Call 728-1235 for more information or to register

"Stretch & Tone" Exercise Classes

All fitness levels welcome!

Bridgehampton Senior Center: **Every Friday** at 10:45 a.m.

Hampton Bays Senior Center: **Mondays & Fridays** at 10:00 a.m.

Flanders Senior Center: **Wednesdays** at 10:45 a.m.

Fee: Free!!

Exercise can help you take charge of your health and maintain the level of fitness necessary for an active, independent lifestyle!

Please call 728-1235 for further details.

Country Line Dancing For Seniors

Beginner & Intermediate



Instructors: Jean Guydish

Dates: **Mondays** - 1:00 p.m. **Fridays** - 10:30 a.m.

Location: Flanders Senior Center **Fee:** FREE

***** Please Wear Soft-Soled Shoes *****

You know you should exercise more, but dread the thought? Country Dancing is the answer!! **Partners are not required.** Come and join the fun with the Dancing Boots! Join us for lunch before dance class. Lunch is served at Noon.

For more information or to register please call 728-1235

Don't Have Time to Exercise?

The Flanders Center has a pool table, ping pong table and a foos ball table available for your use and pleasure. Come on down an enjoy or join us on one of our Walking Club Days

Available Monday - Friday 9:00 a.m. - 3:00 p.m.

Senior Services Programs

Walking Clubs



Date: Starting July 7

Fee: Free

Hampton Bays - **Tuesdays**, Bus departs - 10:15 a.m. Walk Red Creek Park, East Quogue Park & Hampton Bays Main Street.

Flanders - **Tuesdays**, Bus departs - 10:00 a.m. Walk with HB Center

Bridgehampton - **Wednesdays**, Bus departs - 10:30 a.m. Walk Long Beach, Bridgehampton and Sag Harbor Main Streets.

For more information or to register call 728-1235

Book Discussion Series



Dates: Fridays, July 17, August 21, September 18

Place & Time: Hampton Bays Center - 2:30 p.m. - 4:00 p.m.

Titles: July - John Adams Part 1, August - John Adams Part 2, September - Wild

Come and join this lively and stimulating book discussion group. Books are generally supplied and there is time for fellowship and refreshments.

Call 728-1235 to register or more information.

Senior Services Bus Trips

Trip Policy: Payment must be made within one week of your reservation. If payment is not received by that time your name will be taken off the reservation list. **Cancellations:** Refunds will be given **ONLY** if your reservation can be filled by someone on the waiting list.

"On The Town" - Lyric Theater NYC

Date: Wednesday, August 12

Show Time: 2:00 p.m.

Bus Departs: Bridgehampton 8:30 a.m., Hampton Bays 9:00 a.m.
Flanders 9:15 a.m.

Fee: \$125 (includes Hampton Jitney transportation, orchestra seating and boxed lunch on way home)

On the Town tells the story of three wide-eyed sailors on a whirlwind musical tour of the city that never sleeps. Before the show you will be able to peruse Times Square and grab a bite to eat on your own

For more information or to register call Heather 728-1235

Senior Services Programs

Fishing on the Shinnecock Star

Date: Tuesday, July 28 **Time:** 5:00 p.m. - 8:00 p.m.

Bus Departs: Bridgehampton - 3:45 p.m. Flanders - 4:15 p.m.
Hampton Bays - 4:30 p.m.

Fee: \$45 (includes rod, reel, bait and tackle)

Fish the beautiful waters of Shinnecock Bay with Captain John Capuano and his crew. Throw in a line and hope to bring home some dinner. A boxed dinner will be provided.

For more information or to register call Heather 728-1235

Hampton Classic



Date: Wednesday, August 26

Bus Departs: Hampton Bays Center - 9:15 a.m.
Bridgehampton Center - 9:45 a.m.
Flanders Center - 9:00 a.m.

Fee: \$10.00 (includes transportation and boxed lunch)

It's Senior Day at the Hampton classic!

For more information or to register call Heather 728-1235

"Sister Act" - Gateway Theater

Date: Thursday, July 16 **Show Time:** 2:00 p.m.

Bus Departs: Hampton Bays - 12:30 p.m., Flanders - 12:45 p.m.
Bridgehampton - 10:00 a.m.- join us for lunch in HB, transport provided

Fee: \$58

Based on the 1992 film starring Whoopi Goldberg, Sister Act is a tribute to the universal power of friendship. Featuring original music by Tony Award winner Alan Menken, this divine musical comedy was nominated for five Tony Awards, including Best Musical.

For more information or to register call Heather 728-1235

Foxwoods

Date: Friday, September 25

Bus Departs: Bridgehampton - 7:45 a.m. Hampton Bays - 8:15 a.m.
Flanders - 8:30 a.m.

Fee: \$42 (includes bus & ferry transportation and coin back bonus)

Try your luck at the worlds largest casino. Join us for a day at Foxwoods. A rebate package will be offered.

For more information or to register call Heather 728-1235

Senior Services Programs

Afternoons at the Movies



Join us for an afternoon of entertainment! We will indulge in a movie, popcorn. Movies include:

July - "And So it Goes" **August** - "Selma", **September** - "McFarland"

Place & Time: Hampton Bays Center - 12:30 p.m.

Dates: **Weds. & Thurs., July 1, 23, August 5, 20, September 2 & 17**

Place & Time: Bridgehampton Senior Center - 12:30 p.m.

Dates: **Wednesdays, July 8, August 12, September 16**

Place & Time: Flanders Senior Center - 12:30 p.m.

Dates: **Thursdays, July 9, August 13, September 10**

For more information call 728-1235. Pre-Registration is Required!

Fridays at the Beach House



Dates: **July 17, 24, August 7, 14, 21, 28, September 4, 11 & 18**

Bus Departs: Bridgehampton Center - 9:45 a.m.

Hampton Bays Center - 10:15 a.m.

Flanders Center - 10:00 a.m.

Bus Returns: 2:00 p.m.

Fee: \$5.00 per trip (includes transportation & your lunch)

Join us for lunch and some fun in the sun at Tiana Beach! We will take you down to the beach to enjoy the breeze off the ocean and the beautiful sun. A picnic lunch will be served at noon. Bring your beach chair if you like!

Pre-registration is required. For more information call 728-1235

Bingo

The game of Bingo dates back to the 1500's in Italy. Bingo arrived in the United States in 1929 and was originally referred to as Beano. Today it is as hot as ever. Come and join in the fun.

Call your local Senior Center for information

Locations:

Bridgehampton Senior Center: **Tues. & Thurs., 12:30 p.m. - 1:15 p.m.**

Hampton Bays Center: **Every day except Weds. 1:00 p.m. - 2:30 p.m.**

Flanders Senior Center: **Every day except Mondays 12:30 - 2:00 p.m.**

Senior Services Programs

Dinner & Dancing at the Beach

Date: Friday, August 21

Time: 4:00 p.m. - 8:00 p.m.

Fee: \$5.00

Place: Summers Beach Pavilion, Hampton Bays

Enjoy a barbecue at the Summer's Beach Pavilion followed by beach games, kite flying, great entertainment and watching the summer sunset. Dinner at 5:00 p.m. Dancing to follow 5:30 - 7:30 p.m.

For more information call 728-1235

Twilight Evening Dinners

Theme: "1940's - Black & White Party"

Time: 3:00 p.m. - 7:00 p.m.

Date: Friday, July 10

Place: Hampton Bays Center

Date: Friday, July 17

Place: Flanders Center

Date: Friday, July 24

Place: Bridgehampton Center

For more information or to register call 728-1235

Coffee and Conversation



Dates: Thursdays - Hampton Bays

Time: 10:00 a.m.

Dates: Thursdays - Bridgehampton

Time: 11:00 a.m.

Dates: Fridays - Flanders

Time: 10:30 a.m.

We will discuss a different topic every week pertaining to various worldly issues, self-improvement and well being. In this group you will develop a support group.

Please call 728-1235 for more information

Mah Jongg Club

Place: Hampton Bays

Dates: Wednesdays

Time: 9:00 a.m. - Noon & 1:00 p.m. - 4:00 p.m.

The original mahjongg game is a board game for four players somewhat similar to the card game "Gin Rummy", but played with tiles instead of cards. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself. Come and join the fun of this ancient Chinese Tile Game.

No Fee Required. Call 728-1235 for information

Senior Services Programs

Community Without Walls

Dates: 1st Weds. of month - July 1, August 5 & September 2

Time: Luncheon served at 1:15 p.m. Meeting begins 1:30 p.m.

Place: Bridgehampton Center

The Communities Without Walls group allows seniors who choose to remain in their own homes an opportunity to extend their sense of security and independence. We provide a support system for aging in place.

For more information call 728-1235

Computer Class



Jump into the modern day world...it may be scary but it is easy! All three of our senior centers have computers set up for you to use. A senior volunteer at the centers will assist you with the basics, turning on the system, "getting online" and opening your very own email account! **Instruction is available.**

Hampton Bays - Thurs. & Fridays, 10:00 a.m. - 11:30 a.m. - 728-1235

Bridgehampton - Mondays, 10:30 a.m. - 11:30 a.m. - 537-3027

Writers Support Group



Dates: Tuesdays

Time: 1:00 p.m. - 3:00 p.m.

Place: Hampton Bays Senior Center

Creative writing is self-expression, liberation from the constraints of everyday life. A creative writer is like an explorer, a groundbreaker. Come and chart your own course.

For more information or to register call 728-1235

Urban League - Mature Worker Program

MVP is for people over 55 years old wanting to get back into the workforce. It is a training program where participants are placed in non-profit or government agencies to upgrade their skills and quality for real jobs. Paid minimum wage for 15 hours a week.

For more information call Anne at (631) 353-1914

Senior Services Programs

National Senior Center Month

The National Institute of Senior Centers has proclaimed **September** "National Senior Center Month". Your Senior Center has resources and tools to empower older adults to make choices that will enhance their lives. Join us for some of the following programs.

Senior Citizen Health Fair

Date: Tuesday, September 22

Time: 9:00 a.m. - 12:00 p.m.

Place: Hampton Bays Center, 25 Ponquogue Avenue

Professionals will be available for health screenings, provide educational materials and answer your health concerns. Lunch will be provided following the health fair

Intergenerational Grandparents Day Family Breakfast

Date: Sunday, September 27

Place: Hampton Bays Center

Time: 8:00 a.m. - 11:30 a.m.

Fee: \$8.00 Adults, \$5.00 children 12 and under or family price \$25 two adults and three children

Pancakes with syrup and butter, sausage, coffee, tea, orange juice and milk. All proceeds will benefit programming at all senior centers.

Senior Citizen Picnic

Date: Wednesday, September 9 **Rain Date:** September 10

Time & Place: 9:30 a.m. - Red Creek Park, Hampton Bays

Fee: \$5.00 (Lunch served at Noon)

Join us for a day of food, fun and entertainment by Banjo Rascals!

Senior Hunger Action

During the month of September the Town of Southampton Senior Services will be partnering with local food pantries to help put a stop to hunger in our communities. Each of our 3 centers will have collection bins for donations of non-perishable canned goods. All donations will then be delivered to the pantries by our Senior Citizens.

Call 728-1235 for more information on these programs and on other special events during the month of September.

Youth Bureau

Need more information for the programs on this page?

**Please call 631 702 - 2425 or go to
www.southamptontownny.gov/youthbureau**

Tuesdays on the Go **Amusement Parks & Attractions!**



Date: Tuesdays, June 30 - August 25

Time: Late afternoons, times and duration vary

Cost: Vary between \$15 & \$40 each trip

Teens in **6th thru 10th grade** are invited to participate in trips to various Long Island attractions. Supervision and transportation provided by Youth Bureau.

Applications online www.southamptontownny.gov/youthbureau

Call 631 702-2425 for details

Summer Food Service Program

FREE lunch for youth up to age 21! Flanders Community Center
Mon-Thurs 11:30 a.m. - 1:00 p.m. in partnership with Island Harvest

Summer Dayz Enrichment Camp

Dates: Monday - Thursday, July 6 - August 27

Time: 12:30 p.m. - 5:00 p.m.

Place: 655 Flanders Road, Flanders Community Center

For campers in grades 4th - 7th

Cost: \$400 per camper, 2nd sibling \$350, weekly \$75

REGISTER by May 15th for only \$350 for 8 weeks of summer fun

Space is limited to 25

Call Karen at 631 702-2425 for details or to register.



Farm Fresh Food Market

Dates: Saturdays, June 27 - October 17

Time: 10:00 a.m. - 2:00 p.m.

Place: David W. Crohan/Flanders Community Center
Fresh produce straight from local farmers

Stop in weekly to get delicious just picked produce at our youth staffed market and see what's new from the farm! We gladly accept EBT and FMNP

For more information go to www.southamptontownny.gov



Youth Bureau

Need more information for the programs on this page?

**Please call 631-702-2425 or go to
www.southamptontownny.gov/youthbureau**

Neighborhood Nights



Dates: Mondays, June 29 - August 24

Time: 5:00 p.m. - 8:30 p.m.

Cost: Free

Place: David W. Crohan Flanders Community Center

Come enjoy a fun evening of swimming, games, arts & crafts and special events in a supervised setting.

For families with children in **grades K - 6th**.

Teen Nights



Dates: Wednesdays, July 1 - August 26

Time: 7:30 p.m. - 11:00 p.m.

Cost: FREE

Place: Ludlam Park, Riverside

Fun filled evenings with music, basketball, games, hanging out with friends in a supervised setting.

For teens entering grades **7th - 12th grade**.

The PATH@ SYS

Dates: Thursdays, July 9 - August 27

Time: 5:00 p.m. - 8:00 p.m.

Cost: FREE

Place: SYS 1370A Majors Path, North Sea

For youth in **grades 5 - 12**. Enjoy swimming, sports, games & more!

Please call 631 702-2425 for more information



12th Battle of the Bands



Friday, June 12

Ponquogue Beach, Hampton Bays - 8:00 p.m. - 11:00 p.m.

Local teen bands compete for prizes!

Band applications online

Applications must be received by **May 15th**

CO-SPONSOR SOUTHAMPTON PARKS AND RECREATION



Annual After-Summer East End Community Picnic

Sponsored by the Anti Bias Task Force & Friends and Organizations of the East End

Date: Saturday, September 12

Time: 1:00 p.m. - 6:00 p.m.

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Family, Friends and Neighbors! Free food, Entertainment and Activities. Bring a pot luck dish for 5 - 6 people.
Enjoy our drinks, hotdogs and ice cream.



Town of Southampton Parks & Recreation Dept.

6 Newtown Road, Hampton Bays, NY 11946

Phone: 631-728-8585 Fax: 631-728-8525

Website: www.southamptontownny.gov

Town Supervisor

Anna Throne-Holst

Town Board

Brad Bender Bridget Fleming

Stan Glinka Christine P. Scalera

Town Clerk

Sundy A. Schermeyer

Parks & Recreation Department

Christopher F. Bean, Superintendent

Or Current Resident

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